

# Peruvian Style Calamari 022



## Peruvian Style Calamari

Recipe No.022

4-6 Calamari steaks

Juice and zest of 2 Limes

4 tbsp vegetable oil

2 Onions finely chopped

3-4 large cloves Garlic finely chopped

1 kg Roma Tomatoes – peeled, seeded and coarsely chopped

2 pickled Jalapeno Chillies from your gourmet stockist or  
deseeded red Chilli thinly sliced

Sea salt & freshly ground pepper

1/4 cup coarsely chopped flat leaf Parsley

1 tsp dried oregano

4 sprigs Thyme

2 fresh Bay Leaves

1 small stick of Cinnamon

4 Cloves

250mls of Stock – Fish or Chicken

Small jar of stuffed Green Olives (about 150gms)

2 tbsp Capers – drained  
1. Prepare Calamari steaks as shown in  
Steps 1, 2 & 3

2. Place Calamari in a glass dish and add 1 tsp of sea salt  
over Calamari, add lime juice and zest

3. Cover above with cling wrap and refrigerate for 30 minutes

4. Heat oil in a deep pan with a heavy base and add onion, garlic and chilli – cook until soft
5. Add tomatoes, stir, cover and cook over low heat for 12- 15 minutes
6. Add all other ingredients and season to taste with sea salt and freshly ground pepper
7. Stir to infuse flavours and simmer for 15 minutes
8. Remove all bay leaves, thyme, cinnamon sticks and cloves if you require
9. Add Calamari and cook over low heat until Calamari has turned white

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Chef's tip:

Serve with steam rice or crushed small potatoes. These have been boiled with their skin on then individually crushed, seasoned and pan fry until crisp in a little butter and oil

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Serves 4

***ENJOY!***

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